The new country

Boys of Fall tour mates Chad Brownlee and Dallas Smith didn't have typical western-music-star beginnings PAGE 13

YOU CALLIN' ME A BULLY?

VICE MAGAZINE FOUNDER ARGUES BULLYING IS GOOD FOR KIDS, BUT TEACHER, COP DON'T AGREE PAGES 6 & 7

REGIONA metro®

Thursday, November 8, 2012

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Wall weighs in on Obama win

Canada-U.S. relations. Premier wants re-elected president to green-light Keystone, encourage fair and free trade between the two countries

MORGAN MODJESKI
Metro in Saskatoon

With Americans electing Barack Obama for a second term as president, Saskatchewan Premier Brad Wall says he hopes the Obama administration will move quickly to green-light the Keystone XL pipeline.

"We're going to take it on an issue-by-issue basis," said Wall. "Some of the observers of the U.S. election were hopeful that whoever won would quickly approve the Keystone pipeline, and we're hoping that's the case with the Obama administration."

He continued, "They haven't quickly approved it yet, but we're hopeful that changes."

Obama delayed approval of the project until next year after environmental groups put enormous pressure on his government.

Wall said he also hopes the Obama administration encourages free and fair trade between Canada and its neighbour to the south, noting there are some trade concerns between the two countries.

"There's also some other irritants that we've seen, like buy-American protectionist measures that the U.S. administration had introduced in some of its stimulus that exclude Canadian companies, even as we ensure that American companies have not been excluded from government procurement contracts here on our side," said Wall.

"I'm hopeful that we'll see an improvement in terms of some of these issues and that the Obama administration will be supportive of free and fair trade between the two countries."

Obama thanked his supporters through social media after winning the election, saying on his Twitter account, "We're all in this together. That's how we campaigned, and that's who we are. Thank you."

WITH FILES FROM THE CANADIAN PRESS

Compromise is the key to Obama's success in his second term. Story, page 10.

For more coverage of the U.S. election results visit metronews.ca

Fresh off U.S. President Barack Obama's re-election, Premier Brad Wall says the Keystone XL pipeline and trade are two issues he hopes the Obama administration will address.

WALL: THE CANADIAN PRESS; OBAMA: THE ASSOCIATED PRESS

Give pot a pass?

In the wake of marijuana legalization in two U.S. states, Metro took to the streets of Regina and Saskatoon to get reaction from residents PAGE 4

Party on your pants

From shiny metallics to textured brocade, a glitzy trouser can get you from the office to party-ready in no time PAGE 15

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Remembrance ceremony strikes a solemn chord

Honoured. Members of the public service and veterans come together to remember those who gave up their lives for Canada

Premier Brad Wall, accompanied by a representative of the Canadian Forces, lays a wreath at the Saskatchewan War Memorial on Wednesday. JEFF MACKEY/METRO

JEFF MACKEY
jeff.mackey@metronews.ca

The Legislature held its annual Service of Remembrance for the public service on Wednesday.

The ceremony was attended by Lieutenant Governor Vaughn Solomon Schofield and Premier Brad Wall, who placed a wreath at the Saskatchewan War Memorial to the west of the Legislature.

"Today we gather as a public service and as a province to remember the deeds of those who have given the ultimate sacrifice, so we may live in a land that knows peace and prosperity," said Wall.

"It is so very important to stop and reflect on those men and women who have and continue to give so much."

The ceremony was well attended by members of the public service and veterans.

"There is a strong history in this province of public service, but also of those public servants serving in the armed forces," said Jason Quilliam, Saskatchewan's chief of protocol.

"I myself was a member of the armed forces for nearly 15 years, retired and joined the public service," said Quilliam, who served two tours in Afghanistan.

"The peace that we enjoy today was really born on the backs and the lives of the men and women who have served our country proudly," said Quilliam.

Search continues

B.C. rescuers looking for missing Saskatchewan man

Search and rescue crews are scouring an area south of Revelstoke, B.C., for a man who was last seen almost a month ago.

Thirty-nine-year-old David Klammer left his parent's home in Saskatchewan on Oct. 8, bound for White Rock, B.C.

A backpack thought to be Klammer's was found on Oct. 26 in the brush along a logging road south of Revelstoke.

On Monday, his white, 2003 Subaru Impreza was found parked along the same logging road.

An RCMP air search earlier this week found no sign of Klammer.

He's described as six-foot-two, weighs 196 pounds, has brown hair and blue eyes and was possibly wearing a brown leather jacket with a brown hoodie.

THE CANADIAN PRESS

Online

For more local news, go to metronews.ca

Web casinos

Aboriginal group sees potential in online gambling

An aboriginal group says a new online gambling site — northernbearcasino.com — shows there's an opportunity to develop an Internet gaming strategy with the Saskatchewan government.

Chief Perry Bellegarde of the Federation of Saskatchewan Indian Nations says the site is an indication of an expanding online gaming market.

He says online gaming is already happening in other provinces and Saskatchewan's gaming industry needs to prepare for the competition.

THE CANADIAN PRESS

Legalize pot or not?

With Washington state and Colorado passing referendums legalizing recreational marijuana use on Tuesday night, Metro hit the streets of Regina and Saskatoon to find out what residents think of regulating pot.

MORGAN MODJESKI AND ALYSSA MCDONALD
For Metro News

Austin Nam, 25, Saskatoon

"In certain provinces, yes. ... I don't know if it's ready yet. When you decriminalize it, it's not really a good idea if the people aren't ready for it, because it will take away some crime from the streets, but it might also cause some problems with what kind of grade marijuana it is and stuff like that. But it should be a good idea, I think it's good for everybody."

Lorena Leal, 29, Regina

"Ya man, they should legalize it.

"It's good for the people. It's not just to get high, but for me it relaxes me and calms me down.

"I think more people should take it, Harper should take it especially."

Rita Westfal-MacDonald, 50+, Saskatoon

"I think they either have to set the laws and court system in such a way that they can penalize people for recreational use of marijuana, because it seems like there's little to no consequences when people are caught with it, and if they do not do that, then why don't they go ahead, legalize it, get taxes, sin taxes and everything else."

Aaron Cross, 35, Regina

"I don't think they should legalize it because it is a drug and at the very least, it makes you not become what you want to be ... It leads into other drugs, too. Most marijuana smokers experiment with other drugs and you could be spending your money on other stuff."

Cheasa Smith, 30, Saskatoon

"I know most people would say yes, I personally think no.

"I've known a lot of people who have done it and I see them now that they don't do it anymore and I definitely see a change in them.

"It's definitely not for the best, but I can understand why a lot of people would be pro for it."

Kyla Gibson, Age 18, Regina

"I don't like drugs in general really. So, I mean, I don't think they are really good things for people. Some people get addicted to it and it kinda ruins their lives. So to legalize it, I don't know, I just don't think it's a good idea."

U of S College of Nursing officially opens Regina campus

Post-secondary. New facility features lecture theatre, practice labs and the Native Access Program to Nursing

JANE CAULFIELD
Metro in Saskatoon

Aiming to provide easier access to education, the University of Saskatchewan's College of Nursing officially opened its new standalone campus in Regina yesterday.

Despite having to work around on-going renovations, classes began at the Regina campus in September, making this the first year the college has a dedicated teaching infrastructure in the Queen City.

"We are thrilled the U of S now has a modern teaching facility in Regina for our program," said Lorna Butler, dean of the College of Nursing, in a press release. "It's a very exciting time for the college."

The facility will feature a lecture theatre, classrooms, practice labs, office space and the Native Access Program to Nursing.

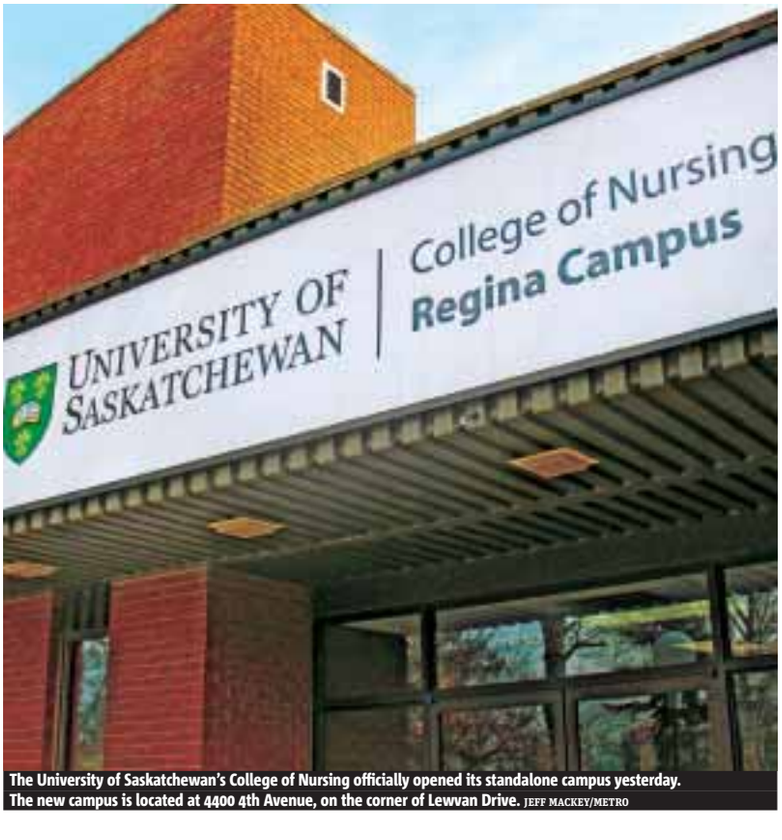
"The College of Nursing is building on the U of S history of partnering with regional colleges and other post-secondary institutions," said Butler. "When the new space was designed, we made sure the facility was equipped with state-of-the-art technology to assist us with distributed learning."

The U of S's president Ilene Busch-Vishniac was present at the grand opening ceremonies and said she was "delighted to be part of such an important event."

"Opening a standalone U of S campus is part of our continuing effort and commitment to serve the educational needs of the entire province," said Busch-Vishniac.

Training

- **History.** The U of S's College of Nursing has had a presence in Regina since 1996 through the Nursing Education Program of Saskatchewan (NEPS), which was designed to further graduate education and specialization.
- **New applicants.** The NEPS program is no longer accepting applications, because the college now offers a new bachelor of science in nursing program, which started in 2011.



The University of Saskatchewan's College of Nursing officially opened its standalone campus yesterday. The new campus is located at 4400 4th Avenue, on the corner of Lewvan Drive. JEFF MACKEY/METRO

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Name that online bully and ban anonymity: MP

Cyberbullying. It's a life-and-death issue for some kids and many people want to do something to stop it. But what will work?

JESSICA SMITH
Metro in Toronto

After reading some vile, anonymous online comments, Conservative MP Dean Del Mastro has decided the government should consider ending people's ability to post anonymously on the Internet.

"One of the best ways to end online and electronic bullying, libel and slander would be to force people posting hurtful comments to properly identify themselves," he posted on his Facebook page on Oct. 25.

He brought the same message to the House of Commons when he suggested banning anonymity wouldn't get in the way of free speech.

"While I believe firmly that the right to free speech must be strongly defended and protected, I also believe it should be backed up by the common decency to stand by one's words as opposed to hiding behind online anonymity," he said.

Del Mastro declined Metro's request for an interview on the issue, so it is unclear what specific actions he thinks the government should take or how banning Internet anonymity could be enforced.

Nathalie Des Rosiers, a lawyer with the Canadian Civil Liberties Association, says judges would strike down a law that prohibits anonymity online.

"It's difficult to imagine how we can protect freedom of expression without protecting some form of anonymity with websites and comments online," she said. "It's essential to recognize that good intentions of having people stand by their words chill and prevent many useful expressions that cannot be done publicly."

People choose to be anonymous online for many constructive reasons, she said. They include being a whistleblower, reporting incidents of bullying or just having a social or political conversation that they would not want their families, friends or employers to know about.

"In my view, the real answer to vitriolic, terrible, nasty comments on the web is not to engage with them," she said. "The people who do vitriolic things — their greatest reward is when we respond and give them an additional platform."

Des Rosiers suggests teaching kids to be "resilient" against bullying would help them in a way that wouldn't deprive them of their rights.

Del Mastro isn't the only politician talking about bullying. The NDP is asking for the federal government to strike an all-party committee to create a National Anti-Bullying Strategy. MP Dany Morin said the idea would be to consider the best means of combating bullying and then create a plan. But at this point he is unwilling to get into specifics about what the strategy might contain.

A senate committee is studying cyberbullying, but the report, originally scheduled for release in October, has been delayed.

'Caustic scourge'

"I read the comments of hundreds of anonymous posters online and was frankly shocked by the level of vitriolic hatred and personal attacks that were freely posted. Anonymous online attacks are, in my view, cowardly but they are no less hurtful and represent a caustic scourge that is harming too many in our society."
MP Dean Del Mastro

Intervention is key

Teach kids not to stand by: Expert

Dr. Claire Crooks CONTRIBUTED

There's no quick fix to stop bullying, but appealing to kids' empathy and urging them not to stand passively by is a good start, says a researcher on the subject.

Dr. Claire Crooks, who studies bullying at the University of Windsor and Toronto's CAMH Centre for Prevention Science, says depriving bullies of their audience is key. Most bullying occurs in front of peers and is committed by kids looking for attention. They also do it to make people laugh, which makes them feel powerful. Young bystanders who stand up to bullies or report bullying to adults are an effective deterrent, she says.

"Research is finding that kids who intervene in bullying are more likely to say their parents expect them to do that," she said. "So, just by talking to your children about what you expect them to do when someone else is getting picked on, that can have an impact."

It's more difficult to understand the role of the online bystander.

"It's easier for kids to cyberbully than bully because there's that anonymity," she said. "One thing's becoming clear — with cyberbullying, there really needs to be a joint response with parents, communities and police. So many of these cases are crossing the line into cybercrime."

JESSICA SMITH/METRO IN TORONTO

Engaging with kids

"The question parents need to be asking is not just how do I know if my kid's being bullied, it's how do I know if my child is involved in bullying? How do I know what role my child plays when others are being bullied? Those are the kinds of conversations we should be having with our children."
Dr. Claire Crooks

Rights and responsibilities

Privacy not a shield from the law

The right to privacy doesn't extend to anonymous bullies, Ontario's privacy commissioner says.

"Obviously, I'm a great believer in privacy — I'm the privacy commissioner — but I think you forfeit your right to privacy when you go online to victimize someone else," Ann Cavoukian said. "Privacy isn't there to enable you to do unacceptable behaviour that is harmful to others."

Cavoukian urges parents, teachers and students to discuss bullying publicly, while respecting the privacy rights of the victim. For example, teachers can help deter bullying by publicizing incidents and the consequences perpetrators face, but refrain from naming the bullies and victims.

She believes police have all the laws they need to police bullying when it becomes criminal and trace anonymous cyberbullies.

To hear more of her views, see her anti-bullying video at ipc.on.ca.

JESSICA SMITH/METRO IN TORONTO

Targeting cybercrime

Give us more disclosure: RCMP officer

Tad Milmine CONTRIBUTED

On his days off, RCMP Const. Tad Milmine of Surrey, B.C., talks to small groups of students about bullying. On the job, he'd like to have more power to uncover cybercriminals more quickly.

"I'm not saying divulge everyone's personal information — I'm far too busy to just be nosy — but if I need to know information because somebody's receiving a death threat through the computer, to get a warrant for that or a production order for that, it takes a long time," he said.

Milmine, and many police services, support a Conservative bill that would make Internet service providers disclose a user's name and information to police without a warrant.

Some companies already do, Milmine says.

"Facebook is our best friend when it comes to investigations," he said. "If there's something serious, or imminent danger to a youth, Facebook will give us all the information within a day. They'll give us everything. There's no warrants, no production orders — they're terrific."

To read about the anti-bullying lesson Milmine gives young people on his days off, go to metronews.ca.

JESSICA SMITH/METRO IN TORONTO

Students speak out

Look beyond laws to end bullying: Teens

Bill Belsey CONTRIBUTED

A group of students brought a message for Canadian politicians studying cyberbullying: Laws won't stop it.

Alberta teacher and anti-bullying activist Bill Belsey helped some of his students from Springbank Middle School speak to senators on a committee studying cyberbullying last spring. Most said kids their age need something more concrete.

"I just do not think that teenagers would listen. It just does not seem real enough," student Mariel Calvo said. "What I think we should do is get people speaking about it, get people aware, and make sure that everybody knows how it harms people, how it consumes your life completely."

Student Molly Turner said a law probably wouldn't have an effect right away, but could help make bullying less socially acceptable.

"For example, it is now illegal not to wear a seat belt, but, not so long ago, that was acceptable," she said. "If the government were to set up a very definite consequence for anyone breaking the law on cyberbullying, it may make it unacceptable in society. It would not solve everything and not right away, but it, along with other measures, might help."

JESSICA SMITH/METRO IN TORONTO

ISTOCK

A ‘noogie’ never hurt me: Vice mag founder

Long before teens posted nasty comments on their friends’ Facebook pages and adults took surreptitious photos of Walmart shoppers to post and mock on peopleofwalmart.com, there was Vice magazine. It pioneered the art of matching photos of regular people with cutting comments.

Gavin McInnes, a founder of Vice who cut ties with the magazine in 2008, created the infamous Dos and Don’ts in early ’90s Montreal. A bully by today’s standards, he argues that bullying — especially the old-fashioned noogie and purple nurple — is good for children.

Dos and Don’ts were photos taken of people out in public — knowingly or unknowingly — paired with humorous insults or lecherous and offensive compliments. It began when Vice was based in Montreal and continued as a staple of the magazine when its founders moved it to Brooklyn and found worldwide success.

“But now, with Instagram and all that, the whole thing has become moot. Everyone is a Dos and Don’ter,” McInnes said.

He says bullying has changed over time.

“When I was a kid, bullies weren’t necessarily a bad thing,” he said. “You got a wedgie. No one wore glasses when I was in school because you’d be a ‘four-eyes.’ Now, all kids have glasses.”

McInnes says legal attempts to stop cyberbullying won’t help children. High-profile cases of kids who kill themselves after they’ve been bullied are not enough to prove a crisis, he said.

“To cling to that I’m sure sells papers and makes people feel special and makes people feel that they’re righteous, but the mathematical truth of it is it’s not a major problem and the worst thing you could do would be to try to fix this fake problem by regulating people. Sorry, someone called you fat. Sorry, you were bullied online. That’s called high school.”

McInnes fondly recalls his childhood, when he says bullies were respected as tough guys that you’d want to be, and kids were tough enough to ride their bikes barefoot until their soles were like leather.

“Every kid had a cast on, we wouldn’t wear a helmet, we didn’t have car seats, and then you go into the real world and you can fight and survive,” he said. “Now we have fat kids, sitting inside where it’s safe, playing video games, being regulated to extinction.

“You do a lot more disservice to a child when you make him scared of the world and when you put him in a protective bubble where it’s illegal for anyone to be mean to him. Mean is good, because the world is cruel.”

JESSICA SMITH/METRO IN TORONTO

Point and laugh

- **Gavin McInnes recalls the first negative reaction he got from a Dos and Don’ts entry. It came from a woman whose shirt he said made her look like she had “penis tits.” She was mad and expected him to care, he said. “I guess people actually aren’t used to being antagonized, but that’s the secret to being funny.”**

Anti-bullying: A cause célèbre

Anti-bullying has become a rallying point for celebrities who have been bullied themselves.

• Lady Gaga, who set up the Born This Way Foundation to fight bullying, said in the documentary Inside the Outside:

“The boys picked me up and threw me in the trash can on the street on the corner of my block, while all the other girls from the school were leaving and could see me in the trash and everybody was laughing — and I was even laughing ... And I remember even one of the girls looking at me like, ‘Are you about to cry? You’re pathetic.’”

• Possibly the most bullied teen in America, Rebecca Black, singer of the YouTube hit Friday, went on to become an anti-bullying spokesperson. She said in a press release for the PACER’s National Bullying Prevention Center:

“Bullying is something that affects so many and it can happen to anyone. I know what it’s like to have people make fun of you, and I know how much it can hurt. I just don’t want other kids to have to go through that.”

• Demi Lovato, an anti-bullying spokesperson with the Mean Stinks Campaign, told ABC News:

“I literally didn’t know why they were being so mean to me. And when I would ask them why, they would just say, ‘Well, you’re fat.’ I was bullied because I was fat. And then a few months later I developed an eating disorder, and that’s kind of what I’ve been dealing with ever since.”

JESSICA SMITH/METRO

Carney test drives new $20

Bank of Canada Governor Mark Carney hands over a new polymer $20 bank note to make a purchase at the museum gift shop after a launch ceremony at the War Museum in Ottawa on Wednesday. There will be about 800 million of the plastic $20 bills, which feature the Vimy Memorial, in circulation — as many as all other denominations put together. ADRIAN WYLD/THE CANADIAN PRESS

Central America

Earthquake death toll in the dozens

A 7.4-magnitude earthquake rocked Guatemala on Wednesday, killing at least 48 people in two provinces as it toppled thick adobe walls, shook huge landslides down onto highways, and sent terrified villagers streaming into the streets of San Marcos, near the border with Mexico. One hundred people were missing, and hundreds were injured.

THE ASSOCIATED PRESS

New storm threatens New York, New Jersey

Second surge. Just under a million people still without power in the region as weaker storm moves in

Volunteer Karina Ayubi, left, joins National Guardsman Brandon Kyle as they distribute blankets donated by the American Red Cross to residents without power as a Nor'easter approaches in the wake of Superstorm Sandy, Wednesday, in Little Ferry, N.J. Major airlines cancelled flights in and out of the New York City area ahead of the storm. KATHY WILLENS/THE ASSOCIATED PRESS

Coastal residents of New York and New Jersey faced new warnings to evacuate their homes, and airlines cancelled hundreds of flights, as a new storm arrived Wednesday, more than a week after Superstorm Sandy left dozens dead and millions without power.

Forecasters said the latest storm appeared weaker than first thought, but it still carried the threat of high winds, storm surges and even snow that could cause further damage to the already weakened infrastructure of the country's most densely populated region. Rain and wet snow started falling in New York City around midday.

"I am waiting for the locusts and pestilence next," New Jersey Gov. Chris Christie said. Public works crews with heavy machinery worked to build up dunes to protect the battered shoreline.

More than half a million homes and businesses remained without power as temperatures hit freezing at night, and finding tens of thousands of people emergency housing — in some cases, for the long term — was the greatest challenge.

New York Mayor Michael Bloomberg ordered police to use loudspeakers to warn vulnerable residents, many of them in low-income public housing, about evacuating.

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Now the hard part: Obama must confront the C-word

Compromise. It's the key to his success in his second term because Republicans still hold a tight grip on the House

What's in store for victorious U.S. President Barack Obama?

A brutal ideological fight, for one thing.

Obama told Americans he has never been so optimistic.

"The best is yet to come," he said, ticking off goals of reforming the tax system, easing climate change and overhauling immigration laws.

"Not so fast, Mr. President," came the response from Republicans, who still hold their grip on the House of Representatives.

So the challenge for Obama is mastering the C-word — compromise,

The glow of victory will quickly fade despite the president's surprisingly easy win of a second term — even though he had led the country through a period in which the economy suffered its biggest downturn since the 1930s Great Depression and stubbornly high unemployment dipped only slightly below 8 per cent in the final months of the campaign.

"The voters have not endorsed the failures or excesses of the president's first term," said a frosty Republican Sen. Mitch McConnell.

"Now it's time for the president to propose solutions that actually have a chance of passing the Republican-controlled House."

Obama's narrow lead in the popular vote will make it difficult for him to claim a sweeping mandate.

With returns from 94 per cent of the nation's precincts, Obama had 58 million, or 50 per cent of the popular vote.

Challenger Mitt Romney had 56 million, or 48 per cent.

Romney tried to set a more conciliatory tone.

"At a time like this, we can't risk partisan bickering," Romney said.

"Our leaders have to reach across the aisle to do the people's work."

As he spoke in Chicago after his victory, Obama forecast the big fight to come, saying it will "inevitably stir up passions."

"That won't change after tonight, and it shouldn't," he added. "These arguments we have are a mark of our liberty."

That puts a best face on what will be a bitter legislative scrap. THE ASSOCIATED PRESS

Happiness over Barack Obama's election win spread far and wide. In Puri, India, cyclists ride past a giant sand sculpture congratulating him.
BISWARANJAN ROUT/THE ASSOCIATED PRESS

The GOP. No longer will aging white men help the Republican party

What now for the Republicans?

The party is at a crossroads, confronted with an evolving U.S. electorate that is unceremoniously rejecting its vision for the country.

Barack Obama handily won the votes of women, Hispanics, African-Americans and young Americans.

Mitt Romney won aging white men — a dwindling voting bloc.

"We were wrong," top Republican Newt Gingrich said.

Quoted

"We have plenty of highly achieved minorities in our party."

Talk show king Rush Limbaugh, dismissing suggestions the party is too white.

He and others in the Republican brain trust "misunderstood what was happening in the country," he said on television.
THE CANADIAN PRESS

The economy. Obama's next challenge is pulling back from the fiscal cliff

Can Barack Obama put the U.S. fiscal house in order — and help the global recovery?

"There will be a period of unease as we now turn from the politicking to the heavy lifting," said Paul Taylor, chief investment officer of BMO Asset Management Inc.

Some Canadians warn the U.S. is heading toward the so-called fiscal cliff, which would be reached if gridlock in Washington prevents a deal to extend about $600 billion US in tax cuts and spending beyond Dec. 31.

Canadian exporters will still face uncertainty over the U.S. economy, which has had an impact on Canadian manufacturing and forestry firms contending with a decline in U.S. housing.

"If you're a Canadian exporter outside the energy sector then your options aren't great," said Capital Economics' chief U.S. economist, Paul Ashworth.
THE CANADIAN PRESS

The 51st state

Puerto Ricans eye statehood

A majority of Puerto Ricans have opted for the first time to become the 51st U.S. state in what jubilant members of the pro-statehood party call a resounding sign that the island territory is on the road to losing its second-class status.

But Tuesday's vote comes with an asterisk: The island remains bitterly divided over its relationship to the U.S. and many question the validity of the referendum.
THE ASSOCIATED PRESS

Turnout 57.5%

So why did voters stay home?

A drop in voter turnout didn't keep President Barack Obama from winning.

In most states, the numbers were even lower than in 2004, said Curtis Gans, director of American University's Center for the Study of the American Electorate.

"This was a major plunge in turnout nationally," said Gans, who estimated about 126 million Americans voted, for an overall turnout rate of about 57.5 per cent.
THE ASSOCIATED PRESS

Activists succeed

Gay marriage, pot pass the test

In Tuesday's voting, Maine and Maryland became the first states to approve same-sex marriage by popular vote.

And Washington state and Colorado set up a showdown with authorities by legalizing recreational use of marijuana.

The outcomes were a milestone for persistent advocacy groups and activists who for decades have pressed the causes of gay rights and drug decriminalization.
THE ASSOCIATED PRESS

Recession fears

Now get to work, says Flaherty

Finance Minister Jim Flaherty is urging U.S. politicians to get back to work quickly on resolving their budget crisis now that the election is over.

Failure, he warns, would plunge America and Canada into recession.

Flaherty has voiced concern before about the so-called fiscal cliff, but the re-election of Barack Obama and a right-wing Republican House has led to new fears.
THE CANADIAN PRESS

Showbiz

Some angry stars are all a-Twitter

For showbiz celebrities, it was the greatest show on Earth — love it or hate it.

Mariah Carey was so excited about Barack Obama's re-election that she released a song, Bring it on Home, in his honour.

The pop star also said on Twitter: "Congratulations to our beloved President Barack Obama, our spectacular First Lady Michelle Obama & the adorable Malia & Sasha. We love you!"

Trump

Mitt Romney supporter Elisabeth Hasselbeck sent out a conciliatory tweet urging a divided U.S. to become one.

Romney supporter, real-estate magnate and reality-show star Donald Trump issued a tweet tirade: "This election is a total sham and a travesty. We are not a democracy!

"Let's fight like hell and stop this great and disgusting injustice! The world is laughing at us."

Beyoncé

But NBC News anchor Brian Williams said Trump's tweets show he has "driven well past the last exit to relevance and veered into something closer to irresponsible."

Trump tweeted a retort on Wednesday saying Williams "knows that I think his newscast has become totally boring so he took a shot at me last night."

He added in another tweet, "Wouldn't you love to have my ratings?"

He deleted tweets calling for revolution and incorrectly saying Obama had lost the popular vote.

In a new tweet Wednesday, he said the election was "the Republicans to win" but Romney hadn't connected with the people.

Romney supporter Ted Nugent ranted on Twitter that the country is doomed. "Pimps whores & welfare brats & their soulless supporters hav a president to destroy America," he wrote.

Beyoncé gloated, posting a photo that read, "Take that Mitches." It was accompanied by a photo of her in a "Texans for Obama" T-shirt.
THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.39¢ (-0.44¢)

TSX
12,230.59 (-130.61)

OIL
$84.44 US (-$4.27)

GOLD
$1,714 US (-$1)

Natural gas: $3.57 US (-5¢)
Dow Jones: 12,932.73 (-312.95)

Switching to Skype

Microsoft nixes Windows Live Messenger

Microsoft is dropping its instant-messaging program and forcing most users to switch to Skype. Maintaining Windows Live Messenger made less sense after Microsoft Corp. bought Skype for $8.5 billion US last year. A new version of Skype released a few weeks ago allows users to sign in with a Microsoft account.
THE ASSOCIATED PRESS

Confidential settlement

Deal reached in Canada Goose trademark case

A clothing retailer has settled a trademark infringement lawsuit with Canada Goose over its distinctive parkas. Canada Goose sued International Clothiers Inc. earlier this year, accusing it of making shoddy replicas.
THE CANADIAN PRESS

A solid stock-picking strategy

Investing. This is the second of our three-part series on getting into the stock market

IN THE MARKET
Bryan Borzykowski
For Metro

If you stick to solid businesses that perform well in any economic environment, columnist Bryan Borzykowski says, your portfolio will eventually rise. ISTOCK

It won't come as a surprise to know that it's pretty difficult to predict where the stock market is headed. If we knew what would happen, we all would have sold our tech stocks in 2000, we would have exited the market in mid-2008, and we would have all jumped back in March 2009.

While bad economic news out of Europe does negatively impact markets, and while investors are worried about America's fiscal issues, it's foolish for the average person to make bets based on what may or may not happen in the world. The only way to really "play" the market is by investing in reliable, revenue-generating companies for the long-term.

What makes a company reliable? Typically, the best companies to own are in sectors that are impervious to an economic downturn. Food companies, for instance, do well in downturns because people always need to eat. Telecoms outperform too — no one wants to give up their Internet.

Dividend paying companies have also been proven to be less volatile than non-yielding companies. The dividend — a payout by the company to shareholders — is often a focusing force for executives. They need to be prudent with their company's money, if they're not, and the dividend gets cut, investors will want to sell.

Large, multinational brand name companies do well over the long-term too. Their size make it less likely that they'll go bankrupt, their international footprint means they have multiple avenues for growth and their brand name will keep people coming back for more. Think McDonald's, Coke and Procter & Gamble.

Whether you pick stocks or invest in mutual funds, these types of "blue chip" stocks should form the basis of most people's portfolios. Some investors, though, may want to boost returns by buying what's called "growth" stocks. These are often small companies — with a market capitalization of under $1 billion — they're in cyclical sectors that outperform during boom times and they're companies with incredible growth. They are more volatile than blue chips, but, as the famous investing adage goes, risk equals reward.

It's actually a good idea to hold both. Large-cap stocks tend to appreciate slowly, though the dividend will help boost returns, while the share prices of small-caps can increase quickly. A combination should give you some growth without putting your entire portfolio at risk.

Whatever you choose to buy, make sure you're purchasing a company that isn't going to implode in the short-term.

So do your due diligence. Read what's on Morningstar.com — a popular investing website that analyzes stocks, mutual funds and exchange-traded funds — seek out analyst reports and comb through financial reports. If you don't have the time, talk to an adviser or buy a mutual fund, where the managers pick the stocks for you.

Ask any expert and they'll tell you not to try and time the market. If you stick to solid businesses that will perform well in any economic environment, then your portfolio will eventually rise.

Bryan Borzykowski is a Toronto-based financial writer and the author of Building Wealth All-in-One for Canadians for Dummies. Contact him at bryanborzykowski.com or follow him on Twitter @bborzyko.

Next in the series

- **In Metro Friday:** Should you go it alone or go to an adviser? Plus, some online tools for the DIY types.
- **Online:** Missed Wednesday's column? Want to read Friday's now? Check out the whole package online at metronews.ca/tag/investing.

Terminology

Know your numbers

If you're checking out a potential buy online, here are three numbers to look out for.

P/E: A company's price-to-earnings ratio tells people how much an investor is willing to pay per dollar of earnings. Very generally, a P/E ratio lower than the market P/E means a stock is cheap; if the metric is above, the company may be expensive.

Dividend yield: This number tells you how much money the company is giving back to shareholders. It often has two numbers next to it — the first is the dividend per share, the second is the annual yield.

Price: The share price is, of course, important, but it shouldn't drive your investment decision. Apple costs $576, but it's trading at a cheap 13 times P/E. Look at the share price, then look at metrics such as P/E to determine if the company is worth buying.

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MEMO: ETIQUETTE AMENDMENTS

HE SAYS...
John Mazerolle
metronews.ca

The following changes are being implemented immediately. Please make a note of it.

- Effective without delay, you must wait for all departing passengers to get off transportation before you are allowed on it. For example, if there is a woman in her 80s attempting to leave a bus, you may no longer crowd on board as if it is the last ship leaving Krypton. Under the new guidelines, doing so makes you a jackass. If there is more than one person attempting to push on at the same time, this DOES NOT divide the jackassery between you. You each remain at Full Jackass. Thank you for your understanding.
- On Internet forums, you may no longer comment on crime or privacy issues with, "What have they got to hide?" or a similar variant when you write under a pseudonym such as SEXYGUY76. We apologize for any inconvenience.
- If you are walking down the sidewalk and refuse to give up an inch of shoulder territory to oncoming pedestrians, you will no longer be considered King of the Sidewalk, no matter how confident your strut. We take no responsibility for loss of ego that may result.
- Hitler may not be mentioned underneath any online political article unless Hitler is the subject of the article. Even then, give it a rest.
- Sitting on the outside of two empty bus seats, then not moving at all when somebody tries to sit on the inside seat, makes you worse than, uh ... Mussolini.
- Effective immediately, all strippers and bartenders are not into you, and are instead faking it because it's their job. Unless you're really, really sure, in which case you're the exception, lover boy.
- In person, you may no longer say any of the following: "We dialogued," "Besties," "Random!" and "Cold enough for ya?" Going forward, you may not use "Going forward."
- If attending televised golf, you may not shout "Get in the hole!" after every putt, or I will find you and hurt you.
- You may not shove fatty, over-salted food into your gob and then go all Dr. Strangelove when you are offered a flu shot.
- No whistling of any sort. Ever.
- Yelling out the title of each song at a rock concert after a few notes is no longer amazing. It is now very annoying and will make you hated by everyone, including your future grandchildren.
- Please be informed that taking out your smartphone at live theatre makes you a horrible person, retroactive to when smartphones were invented. If you have any concerns, our representatives will be happy to show you many creative ways to conceal your phone.

This concludes the list of changes.

You may have noticed most of the new rules only apply to jerks and fools. If you are neither jerk nor fool, please carry on as before. The only rule for nice, smart people is to chill out about kale. It's just cabbage, for God's sake.

Thank you for your time and consideration in these matters.

If attending televised golf, you may not shout "Get in the hole!" after every putt, or I will find you and hurt you. Sincerely, John Mazerolle. GETTY IMAGES

They have topped Mount Symmetry

PHOTOPRESS/SWNS.COM

Mountain photo op

Climbers hang in sync on peak

A team of climbers created this display by symmetrically scaling this needle-like mountain. The crew of 28, from across Europe, travelled to Italy to take on the daunting Ago del Torrone, known as Cleopatra's Needle.

But instead of waiting until they all reached the vertiginous peak, they paused while in perfect symmetry. METRO

Photographer's view

"It took me about half a year to organize and prepare for this photograph. Everything from safety, taking the photo from a helicopter to weather conditions came into play."

Robert Boesch
Swiss mountaineering photographer

Inspirational summit

Aim was 'something very strange'

For mountaineer and photo organizer Robert Boesch, inspiration came from simply, "trying to do something new, something very strange."

"For some time now, I have concentrated on taking photos of climbers in unusual positions on rock faces," he said.

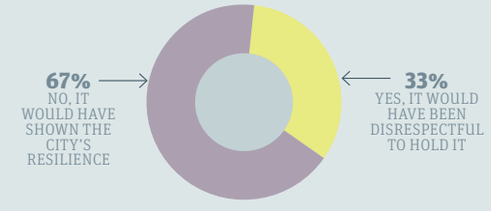
"It makes the photo truly striking and memorable — that's what I wanted." METRO

Boesch and the climbers spent roughly six months getting ready for this stunning spectacle. THOMAS SENF/PHOTOPRESS/SWNS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should New York City have cancelled its marathon?



Twitter

@TheGeekCooks:
I am currently unable to tell whether I'm actually getting sick, or am just so paranoid about getting sick that I don't feel well.

@RalphGoodale:
Did you know? Nov 6th, 1867 was the 1st day of the 1st session of the 1st Parliament of Canada. #cdnpoli

@dirty_al:
I'm carousing the downtown #yqr area and I'm noticing a serious lack of Mo. Not even any upper lip straggler hairs. #Movember #sadness

@meganogren:
K enough tweets about Obama and Romney. You are all Canadian, shut up your opinion doesn't count. #twitterprobs

@kerbs_77:
Feeling festive today. So obviously I bought some egg nog.

metro

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On the road with Chad and Dallas, the Boys of Fall

Country crooners.
The duo didn't start as western music stars: Brownlee made the move after quitting hockey and Smith was a rock 'n' roll man

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Judging by country singer Chad Brownlee's unusual career path, it's easy to assume one thing — he must love travelling across North America in a bus in the middle of winter.

"Maybe subconsciously that's what I love to do more than anything, sit on a bus in the middle of January," Brownlee said with a laugh in a telephone interview.

Brownlee, who is currently making his way across the nation with Dallas Smith as part of the Boys of Fall tour, has made these types of trips several times.

He was previously employed as a hockey player, and as a sixth round draft pick of the Vancouver Canucks, he played for the Idaho Steelheads.

After a series of injuries, Brownlee made the decision to walk away from the game and pursue a musical career.

While it has worked out well so far — he received the 2011 CCMA Rising Star Award and was nominated this year as best male artist — he admits that it wasn't easy.

"It was hard to even voice the words to my coach and parents and say, 'I'm not playing this game I've played for the past 20 years.' It took about a year before I was comfortable in my own skin," said Brownlee.

Surprising career shifts is just one topic of conversation likely to come up between the B.C. natives Brownlee and Smith on that tour bus, although Smith's change was somewhat less dramatic.

He is the lead singer of the hard rock band Default, who gained international fame in the early 2000s with the hit singles Wasting My Time and Deny. He says the change in genres had been brewing for a long time.

"It was a gradual thing for me, a long process. I was listening to country music on the back of the tour bus, warming up to it before (Default) shows and then going out and singing rock tunes," Smith said in a phone interview.

Smith has no regrets about switching gears musically, or heading on the road with Brownlee. In addition to both embarking on a second dream career at a relatively early age, the duo shares a booking agent and a similar fan base. Smith calls the decision to co-headline a tour a "no-brainer."

"I had met Chad a couple of times and we got along great," said Smith.

"We knew we'd have a lot of fun, both of us right away said yes."

Brownlee and Smith will play in Saskatoon Nov.19 at the Odeon and in Regina Nov. 20 at The Pump.

Never say never

- Although Dallas Smith's original band Default hasn't officially split up and did play a couple of shows together this year, there are no plans for a new album. But fans of the band shouldn't necessarily give up hope.
- "We'll have to see how things go. It would be a shame to never play those songs with those guys again, they're brothers to me. Never say never." Smith said.

Chad Brownlee and Dallas Smith co-headline the Boys of Fall Tour, which comes to Saskatoon Nov. 19 and Regina Nov. 20. HANDOUT

Taylor Lautner. ALL PHOTOS GETTY IMAGES

Lautner weighs in on the troubles of his co-stars

Since he's starred in all five Twilight films with Kristen Stewart and Robert Pattinson, it was only a matter of time before Taylor Lautner was asked to weigh in on Stewart's cheating scandal that broke this summer.

An interviewer for Cosmopolitan magazine got him to open up, though Lautner chose a very diplomatic route for his response.

"To be honest, I've never been involved in any of those situations, so I don't know if trust can be regained," he said.

"It would be just a guess and a shot in the dark, and I don't want to give that if I haven't even been there myself."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Interviewing Russell Brand, one tweet at a time

NED EHRBAR
Metro World News

I've arrived at a publicist's office in Hollywood to chat with British comedian Russell Brand purportedly about his participation in What About Dick? (whataboutdick.com), a radio play-style stage show written by Monty Python alum Eric Idle.

But Brand has never been known to stick to the topic at hand. He enters with a banana, singing, "And I get so doggone lonesome."

He sits down, peels open the banana and says, "Come on in, mate. What do you need to know?"

Follow our conversation over the next few days at twitter.com/russellsmusings.

Megan Fox and Brian Austin Green.

Brian Austin Green credits Witherspoon for his cover up

Brian Austin Green and Megan Fox managed to keep the birth of their son a secret for more than a month.

And he says all the credit goes to Reese Witherspoon, as the world was too busy cooing over her newborn to notice, he tells Ryan Seacrest during an interview.

"We got really lucky," he says. "And I've been wanting to send Reese Witherspoon flowers for, like, a month and a half. She actually gave birth, I think, the day before us in Santa Monica."

Kristen Bell.

Bell pregnancy details leak out further

Looks like those Kristen Bell pregnancy rumours were true.

First, the actress' rep confirmed the news to Us Weekly.

Then, father-to-be Dax Shepard got the chance to gush about the news during a visit to the Tonight Show with Jay Leno.

"It's true," Shepard said of the news. "My mom is probably the most excited. It's an unhealthy thing — I don't recommend it — but she has a Google alert on my name, so if I do anything, she finds out about it, basically."

Twitter

@kirstiealley
thank you for purchasing my book..it was a labor of labor and love...sweet dreams...see you tomorrow

@JKCorden
I just did a fake laugh to someone when they told me a political joke i didnt really get. Happens almost everyday.

@MariahCarey
Someone just told me it is Hello Kitty's birthday today!! haaaaa

@ConanOBrien
I'd never use this Twitter account to openly pander in hope of getting free stuff. Just wanted you to know, people at Garrett's Popcorn.

Cocktail trouser hour

The look. Cocktails needn't be the only thing in need of a shake and stir. See this season's glitzy trouser, which replaces the little black dress.

RICHARD PECKETT
life@metronews.ca

Trousers to a cocktail party? Here are a few reasons to give them a try: 1) Pants are more liberating and easier to dance in than a tiny little dress. 2) They're chic in a slightly unaffected, androgynous kind of way and 3) This season's flashy, embellished versions are bang on trend thanks to Stella McCartney, Jonathan Saunders, Miu Miu and a long list of others who worked the look into their autumn/winter collections. Go for a pair that is sufficiently showy. Think shiny metallics, textured brocade or trippy graphics. Wear them to the office with a button-down and blazer before changing into a festive top and skinny heels for night.

Fashion dictionary

- **Brocade.** A rich, intricate, jacquard-weaved fabric with a raised design, often in a gold or silver thread.
- **Jacquard.** A decorative weave created on a jacquard loom for damask and brocade fabrics.
- **Damask.** A figured fabric with a pattern that is self-coloured and visible on both sides.

Topshop

diamond jacquard trousers, $120, topshop.com

Jonathan Saunders' girls get their cocktail legs. CONTRIBUTED

Poppy Delevingne on parade in brocade. MICHELLE BOBB-PARRIS

ASOS

premium floral trousers, $79, asos.com

H&M

burgundy pants, $50, hm.com

Miu Miu

cropped brocade pants, $1,050, net-a-porter.com

Zara

capri pants with argyle jacquard, $80, zara.com

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Exploring the faux look of nature

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

One of the hottest trends in decorating has natural elements incorporated in a room, like wood, stone and fur. A country or modern look can take on an authentic and relaxed feel with a few of these elements.

Natural elements help keep a room's colour scheme neutral, yet add texture and interest.

Here's a grouping of on-trend, natural-looking decor products with a twist.

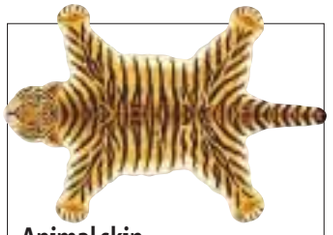
You see, all of these hot decor times are faux. There's no fur, wood, stone or wool here, so go ahead and get the look — the only thing real is the affordable price.

Leather

Add a warm, casual look to a fancy chandelier with the look of saddle leather. Faux Leather Chandelier Shades, $22, crateandbarrel.com.

Wool

Get that lodge look with the romance of the Hudson Bay point blanket — in cozy flannel. Flannel Multi-Stripe Sheet Set, $225/queen set. thebay.com.



Animal skin

Cover your floors with whimsy and style with a trendy animal skin rug. Exotica Tiger 3x5 all-wool rug, $112, ecarpetgallery.com.

Wood

Water resistant and easy-to-install wood-look vinyl floors give the warmth and character of a New York brownstone at a fraction of the price. Allure Chateau Vinyl Parquet, $3/square foot homedepot.ca.

Birch

Sip a drink from what looks like a birch tree branch. Canadian Birch Straws, $14/box, anthropologie.com.

Fur

Add a touch of luxury to the corner of a sofa or the end of a bed. Spotted Lemur Faux Fur Throw, $99, urbanbarn.com.

Stone

Simple stone shapes offer a contemporary feel to the bathroom. Stone Resin Bath Accessories, $5-10, cb2.com.

Natural disinfectants

Cleaning for the flu season

Do natural cleaners disinfect well enough for flu season?
-Samantha, Medicine Hat

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

With flu season upon us, toxic cleaners can seem tempting. But natural alternatives like vinegar will usually do the trick.

Of course, there are exceptions. (Pseudomonas, for example, is a strain of bacteria that doesn't react to vinegar and that can be problematic for folks with cystic fibrosis.)

If you're concerned about the nitty-gritty, do consult a health-care professional.

Assuming you are in good overall health, natural cleaning agents are a great choice, even when the flu bug strikes.

The two most effective natural disinfectants are vinegar and hydrogen peroxide.

White vinegar found in most supermarkets is a five per cent concentration and kills about 80 per cent of germs. It's increasingly effective at higher concentrations, so look for seven per cent pickling vinegar. Buy a couple of bottles and stock up!

Vinegar will do the trick. ISTOCK IMAGES

Hydrogen peroxide is simply water with an extra oxygen molecule (H_2O_2). Unlike chlorine bleach, it breaks down into oxygen and water and is kind to the environment.

For most applications, hydrogen peroxide should be diluted to a three per cent concentration, which is how it's usually sold in pharmacies.

Store hydrogen peroxide in a dark bottle out of direct sunlight.

On their own, vinegar and hydrogen peroxide are each strong germ killers. Used in combination, they're even better.

According to research published in Science News, this pairing is 10 times more effective than disinfecting with either substance alone and more effective than bleach in the kitchen.

Here's the catch: Mixing them together cuts their germ-killing power, but using one after the other works well.

So when flu season hits, take a one-two approach:

1. Wash hard surfaces with vinegar.
2. Spray the same surfaces with a three per cent hydrogen peroxide.

It doesn't actually matter which disinfectant is used first, but for best results, apply one immediately after the other and let the surface dry. (Don't wipe the vinegar or the hydrogen peroxide away.)

Flu season is never fun, but at least disinfecting to keep the germs at bay doesn't have to be toxic.

The secrets of dry cleaning revealed

What is dry cleaning? How does it work? Is it really bad for my clothing or is this a myth?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I never really actually understood what dry cleaning was until I learned from my friend Jeremy Creed that dry cleaning has nothing to do with dry — but is in fact wet — just the opposite of what we think about it.

Clothes that are dry-cleaned will not go near water, but are in fact traditionally submerged in a dry-cleaning liquid. The most common of these chemicals is perchlorethylene, more commonly known as perc. Garments are submerged in perc for a short period of time.

The chemical removes the dirt from the garment and the garment is then dried, pressed and packaged for the customer.

Today, many dry cleaners also use different cleaning systems such as the commonly known wet cleaning systems. These actually use water in combination with different dry cleaning chemicals.

Here's a hint: It's more like wet cleaning. ISTOCK IMAGES

This wet cleaning system still isn't good for everything, but is slowly improving and getting better and better while becoming increasingly popular with professional dry cleaning companies.

Last but not least are the home dry cleaning kits. I personally have never been happy with the results. Particularly if you have a good piece of clothing that is expensive and a classic item you want to keep for many years.

What makes the dry cleaner so good at his or her job is not just the cleaning portion, but what happens to the garment after it has been cleaned. This includes steaming, pressing and packaging the item so that it stays at its very best.

Finally, I personally wouldn't use dry cleaning every day on all of my clothes, but there are times when it is absolutely necessary to dry-clean garments and times when it's not. I say everything in moderation and if you are going to pick a dry cleaner, make sure they are reputable.

Kick up your next dinner party with spicy bites and cooling dips

Spiced Shrimp with Lime-Ginger Sauce

This recipe makes 30 pieces. FROM CANADA'S FAVOURITE RECIPE

"Everyone loves traditional cold cooked shrimp around a spicy seafood sauce," write Elizabeth Baird and Rose Murray in Canada's Favourite Recipes. "This version is just the reverse . . . spicy shrimp, served hot with a cooling dip on the side."

1. Sauce: In a small bowl, combine the mayonnaise, fresh ginger, lime zest and lime juice. (Make-ahead: Cover and refrigerate for up to 6 hours.)

2. Shrimp: In a small bowl, combine 1 tsp (5 ml) of the oil, the lime juice, coriander, paprika, cumin, brown sugar, salt, oregano and cayenne. In a large bowl, evenly coat the shrimp with the mixture. Cover and marinate at room temperature for 20 minutes. (Make-ahead: Cover and refrigerate for up to 3 hours.)

3. In a large skillet, heat the remaining 2 tsp (10 ml) of canola oil over medium-high heat. Stir-fry the marinated shrimp until bright pink (no longer opaque) and just cooked through, 1 to 2 minutes. Serve hot. Arrange on a platter with the sauce for dipping; garnish with lime wedges.

ALL OF THE RECIPES ON THIS PAGE ARE PRINTED WITH PERMISSION FROM CANADA'S FAVOURITE RECIPES BY ELIZABETH BAIRD AND ROSE MURRAY

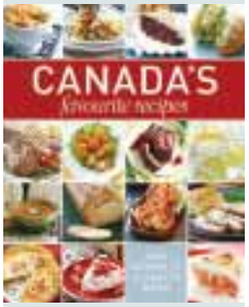
Ingredients

Sauce
- 2/3 cup (150 ml) mayonnaise
- 2 tbsp (30 ml) grated fresh ginger
- 1 tbsp (15 ml) grated lime zest
- 2 tbsp (30 ml) fresh lime juice

Shrimp
- 1 tbsp (15 ml) canola oil, divided
- 2 tsp (10 ml) fresh lime juice
- 1 tsp (5 ml) each ground coriander, paprika, ground cumin and brown sugar
- 1/2 tsp (2 ml) each sea salt and dried oregano
- 1/4 tsp (1 ml) cayenne
- 1 lb (500 g) large shrimp, peeled, with tail portion left intact
- lime wedges

Cookbook of the Week

Canadian fare from coast to coast



In the book Canada's Favourite Recipes, Rose Murray and Elizabeth Baird set out to answer the question: What is Canadian cuisine?

The book reveals just how distinctive our food is and how our people, climate and land influence it. Many of the 160 recipes have been contributed by Canadian cooks, chefs and personalities such as Julian Armstrong, Emily Richards and Wayson Choy.

Among the Canadian delicacies included are: Pemeal Bacon Roast, Cod and Potato Fritters with Spicy Lemon Mayo, Maple Carrot Cake with Maple Butter Icing and more. METRO

A saucy pudding surprise

"My grandmother, Elizabeth Maud Davis, was still young in body and spirit when my grandfather left her a widow," writes Elizabeth Baird in Canada's Favourite Recipes. "In those days before pensions, she needed to work, and so she became a housekeeper.

"Always a storyteller, her letters were full of news about the people she worked for ... In each of the households, she added to her repertoire of recipes and passed them to my sister Janey and me. The biggest hit, a lemon pudding with a light spongy cake on top and a saucy bottom, remains a favourite to this day, and my grandmother's handwritten recipe, used so often it's batter-stained, is framed and has a place of honour in my kitchen."

This recipes serves six to eight. FROM CANADA'S FAVOURITE RECIPES

Ingredients

- 1 cup (250 ml) granulated sugar, divided
- 3 tbsp (45 ml) all-purpose flour
- 1/4 tsp (1 ml) salt
- 1 cup (250 ml) milk
- 3 tbsp (45 ml) butter, melted
- 3 large eggs, separated
- 1 tbsp (15 ml) finely grated lemon zest
- 1/3 cup (75 ml) lemon juice
- 1 1/2 cups (375 ml) fresh blueberries or raspberries
- 1 tbsp (15 ml) icing sugar

1. In a large bowl, whisk together 3/4 cup (175 ml) of the sugar, the flour and the salt. Add the milk, butter and egg yolks; whisk to combine. Whisk in the lemon zest and juice; set aside.

2. In a separate bowl, beat the egg whites until soft peaks form; beat in the remaining sugar, 1 tbsp (15 ml) at a time, beating until stiff shiny peaks form. Stir about one-quarter of the egg-white mixture into the lemon batter. Fold in the remaining egg-white mixture.

3. Scrape into an 8-inch (2 -l) glass baking dish or metal cake pan. Place the dish in a larger shallow pan. Pour enough boiling water into the outer pan to come halfway up the sides of the dish holding the batter. Bake in the centre of a 350 F (180 C) oven until the top is lightly browned and the pudding has pulled away from the sides of the dish, about 30 to 40 minutes.

4. Remove the dish with the baked pudding from the outer pan and let cool on a rack to the desired temperature (still a little warm or at room temperature). To make-ahead: Cover the pudding and refrigerate for up to 1 day.) Spoon into dessert bowls; top with a scattering of blueberries and a dusting of icing sugar.

Roasted Squash Soup

This recipe makes eight to 10 servings. FROM CANADA'S FAVOURITE RECIPES

1. Cut the squash in half, remove the seeds and roast, cut-side down and covered with foil, in a greased or parchment paper–lined baking pan in a 400 F (200 C) oven until tender, about 45 minutes. When cool enough to handle, scrape the flesh from the rind.

2. Meanwhile, in a large saucepan, cook the pancetta over medium heat until crisp, about 5 minutes. With a slotted spoon, transfer to paper towels to drain. Refrigerate.

3. In the pan drippings, over medium-low heat, cook the onions, garlic, sage and hot pepper flakes until the onions are very soft, about 10 minutes, stirring occasionally. Add the roasted squash, broth, and salt and pepper to taste. Bring to a boil, reduce the heat, cover and simmer, stirring often, for 20 minutes for flavours to blend.

4. Purée in a blender (holding down the lid) in batches or with an immersion blender until smooth.

5. Return to a clean saucepan and gently reheat. Taste and adjust the seasoning.

6. Serve in heated bowls, garnishing each serving with a dollop of sour cream, a sprinkle of diced tomato and pancetta.

Ingredients

- 1 butternut squash (about 2 3/4 lb/1.25 kg)
- 4 oz (125 g) pancetta, coarsely chopped
- 2 onions, coarsely chopped
- 2 cloves garlic, minced
- 1 1/2 tbsp (22 ml) chopped fresh sage
- 1/4 tsp (1 ml) hot pepper flakes
- 6 cups (1.5 l) chicken broth
- salt and ground black pepper
- sour cream
- 1 large ripe tomato, diced

Have expectations for CBA become too high?

NHL lockout. Labour expert says compromises must be made internally by players and owners for deal to be reached

The hardest part, for Gary Bettman and Donald Fehr, might not be negotiating with each other.

Indeed, the commissioner of the NHL and the executive director of the NHL Players' Association may well find negotiating with their own people — who have their own expectations of what a season-saving deal ought to look like — to be the biggest hurdle.

"There has to be some compromise, otherwise there would have been a settlement a long time ago," said George Smith, a former management-side labour negotiator who is now a lecturer at Queen's University in Kingston, Ont.

"There are at least three sets of negotiations going on: The ones across the table and the ones within the owners' group and the players' group. There have been promises made to each of their members to get us to the point where we are today."

For the second day in a row, the NHL and NHLPA went underground to hammer out the issues with an eye on saving the season. Wednesday's session started later than expected in the afternoon as both sides used the morning to strategize internally.

With a snowstorm hitting New York, some of the players who had been in on Tuesday's meetings — including Sidney Crosby — went home early.

Tuesday's seven-hour session dealt largely with contract issues and revenue sharing, and was said to be the first true bargaining of these collective bargaining talks.

Wednesday's session was scheduled to deal with the most contentious issue: Paying players their salaries in full while at the same time getting the two sides to share hockey-related revenue 50-50.

TORSTAR NEWS SERVICE

Pressure escalating

Tension seems to be rising from all corners of the NHL.

- Pockets of owners and players are believed to be exerting pressure on leadership to get a new deal, while Molson Coors CEO Peter Swinburn, whose company is a major league sponsor, told The Canadian Press in an interview that the brewer will seek compensation when the lockout ends.
- "There will be some redress for us as a result of this," said Swinburn. "I can't quantify that and I don't know because I don't know the scale of how long the lockout is going to last."

THE CANADIAN PRESS

Celtic shatters Barca's expectations in Glasgow

Celtic goalkeeper Fraser Forster denies FC Barcelona's Lionel Messi during a UEFA Champions League match on Wednesday in Glasgow, Scotland. Celtic produced a stunning 2-1 win over Barcelona, rewarded for a disciplined defence against the European heavyweight and making the most of its rare attacks. Barcelona was unbeaten in 12 straight matches in all competitions before Wednesday. STU FORSTER/GETTY IMAGES

MLB. Former Tiger Young pleads guilty in slur case

Former Detroit Tigers slugger Delmon Young pleaded guilty Wednesday to aggravated harassment for shouting an anti-Semitic slur and tackling a man to the ground outside a New York City hotel last spring.

The 27-year-old, who became a free agent after the World Series, was ordered to complete 10 days of community service and enrol in a program at the Museum of Tolerance New York as part of the Manhattan district attorney's office's restorative justice program. His lawyer didn't immediately return a call seeking comment.

Delmon Young GETTY IMAGES FILE

Young was standing outside of the Hilton New York and was accused of yelling anti-Jewish epithets at a group of tourists, tussling with them and tackling one to the ground in April, when the Tigers were in town to play the New York Yankees.

THE ASSOCIATED PRESS

Awards

Owens, Cornish stand out among CFL's best

Calgary Stampeders running back Jon Cornish and receiver/kick-returner Chad Owens of the Toronto Argonauts were named the finalists for the CFL's outstanding player award on Wednesday.

Cornish ran for a CFL-high 1,457 yards this season, becoming the first Canadian to lead the league in rushing since 1988.

Owens set a pro football record of 3,863 all-purpose yards and led the CFL in receiving and kickoff returns.

THE CANADIAN PRESS

NBA. Pippen joined Obama for election-day basketball

Former Chicago Bulls star Scottie Pippen says U.S. President Barack Obama has a "smooth game" on the basketball court.

Pippen described playing basketball with the president Tuesday afternoon in a story on the Chicago Bulls website. He played on Obama's team in an election-day game complete with referees and a running clock. Pippen and Obama's team won the game.

Pippen says the president was "very easy to approach" and says Obama isn't an overly aggressive player, probably because he doesn't want to get hurt.

Scottie Pippen GETTY IMAGES FILE

Pippen says it was the first time he met the president and called it "a very special experience."

Pippen was a member of six Chicago Bulls championship teams.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Demand to be taken seriously. Demand that others treat you with respect. If they don't, well, that's your cue to look elsewhere for companionship and love. You're special. Don't waste your time on people who can't see it.

♉ Taurus
April 21 - May 21
Try not to come across as cold. Those to whom you are close know that you sometimes find it hard to express your feelings but people you deal with in the wider world may think you are being rude.

♊ Gemini
May 22 - June 21
Quick decisions are not always good decisions, so take your time and get it right. Someone may be annoyed that you are moving slowly but they will be even more annoyed if you make a wrong move and they have to pay.

♋ Cancer
June 22 - July 23
You may be tempted to pack your bags and go some place where you don't have to deal with so many annoying people but in a few days you will feel better about your current situation. Hang in there.

♌ Leo
July 24 - Aug. 23
Try not to be too distrustful today. The planets indicate that what a colleague is offering you is not some kind of trick. Most people are honest, so accept the offer and enjoy what it brings.

♍ Virgo
Aug. 24 - Sept. 23
Your head and your heart are pulling you in different directions and, as always, your head will win in the end. Don't be so logical and rational though that you miss the feelings of love that others are sending your way.

♎ Libra
Sept. 24 - Oct. 23
You have worked hard to get to your present position and you are not about to give it up, no matter what others say you should do. Possession is nine-tenths of the law and you are simply not going to move.

♏ Scorpio
Oct. 24 - Nov. 22
Opportunity will come knocking today and you won't hesitate to let it in. Don't forget, however, that the flipside to opportunity is responsibility. Make sure you know what you are getting yourself into — then go for it.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury in your sign helps you see things clearly but it's in one of its retrograde phases at the moment, so not everything will be what it seems. Don't accept what others tell you without checking the facts for yourself.

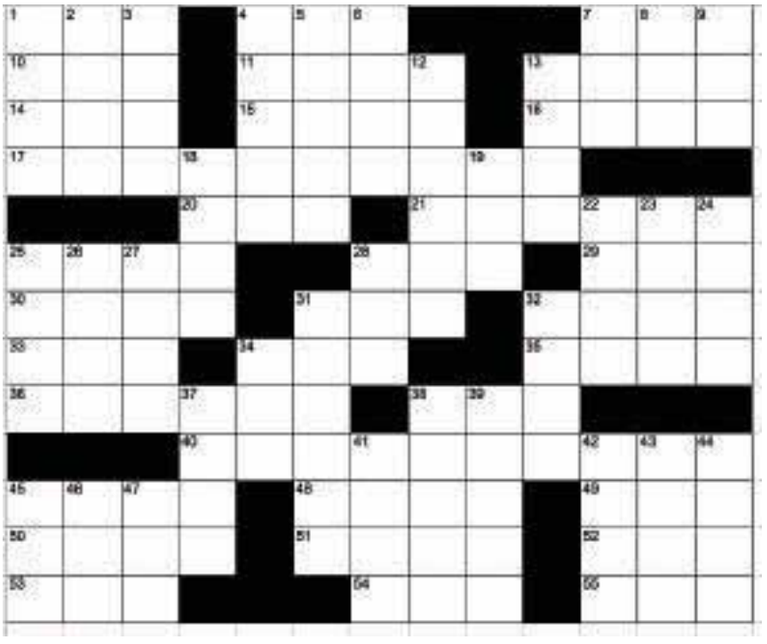
♑ Capricorn
Dec. 22 - Jan. 20
You may wish you were some place else at the moment but before you start thinking about a change of scene, you have got to think about your cash flow situation. Are you living beyond your means? Do something about it.

♒ Aquarius
Jan. 21 - Feb. 19
You will be tempted to splash out on something luxurious today but if you are wise, you will resist. Your place in the world does not depend on how much you earn or how much bling you can afford.

♓ Pisces
Feb. 20 - March 20
You could miss out on a romantic opportunity today, simply because you are too shy to approach someone you fancy. It doesn't take much to smile and say hello, so be brave and make your move. You'll be glad you did. **SALLY BROMPTON**

Canadian Crossword

BY BETTY MARTIN



Across
1. Commercials
4. Allow
7. Funnyman Carney
10. Actor Majors
11. Cosmetic giant
13. French cheese
14. Poor grade
15. Exhaust
16. The Avengers Mrs. Peel
17. Value
20. Food scrap
21. Squeal
25. Idle chit —
28. Opie's Aunt —
29. The Fresh Prince of Bel —
30. Partner for hearty
31. Pub
32. Wing length
33. Has the flu
34. Actor who portrayed 28 across
35. Towel monogram
36. More homey
38. – Paulo, Brazil
40. Brace
45. Alike
48. Fragrance
49. Pitcher's stat.
50. Tortoise rival
51. Telegram
52. — and abet
53. The Cat in the —
54. Wide shoe width
55. Genetic molecule (abbr.)

Down
1. M*A*S*H actor
2. "The — End of the Ocean"
3. Ooze
4. After a while
5. Landlord's threat
6. Beverly Hills, 90210 actress Spelling
7. Appendage
8. Along the edge
9. Afternoon social
12. Tidier
13. Red veggie
18. Routine
19. Self defense lessons —kwondo
22. Record a television show
23. Fibber
24. Sea eagles
25. Elegant
26. Angel headwear
27. — well that ends well
28. Keep out
31. Beg, — or steal
32. Range
34. Soak
37. Psychiatrists comment (2 words)
38. Night time sound
39. Concur
41. Nurse Jackie actress Falco
42. — of the Class
43. Middle daughter on The Waltons
44. Zilch
45. Be quiet!
46. Battery size
47. The A Team actor (word & init.)

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	8		7		9		5	
5								6
		9		5		2		
	5	8		2		1	3	
	7			9			2	
	3	1		7		6	4	
		4		3		8		
7								4
	2		4		6		9	

Yesterday's Sudoku

4	3	8	6	9	1	7	5	2
6	1	2	3	5	7	9	4	8
7	5	9	2	8	4	6	1	3
9	2	7	5	4	8	3	6	1
5	6	4	1	3	2	8	9	7
3	8	1	7	6	9	4	2	5
1	9	5	4	7	3	2	8	6
8	7	6	9	2	5	1	3	4
2	4	3	8	1	6	5	7	9

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